

BOOST4FAMILIES CASS/MILLS/MONTGOMERY

BOOST4FAMILIES Cass/Mills/Montgomery Representatives

Kimberlee Shouse is a Cass County parent who has served on the Boost4Families Board as the Financial Officer for three years. Kim, a stay-at-home mom, also works from her home as the ELCA Western Iowa Synod newsletter editor. She and her husband have three children and reside in Atlantic.

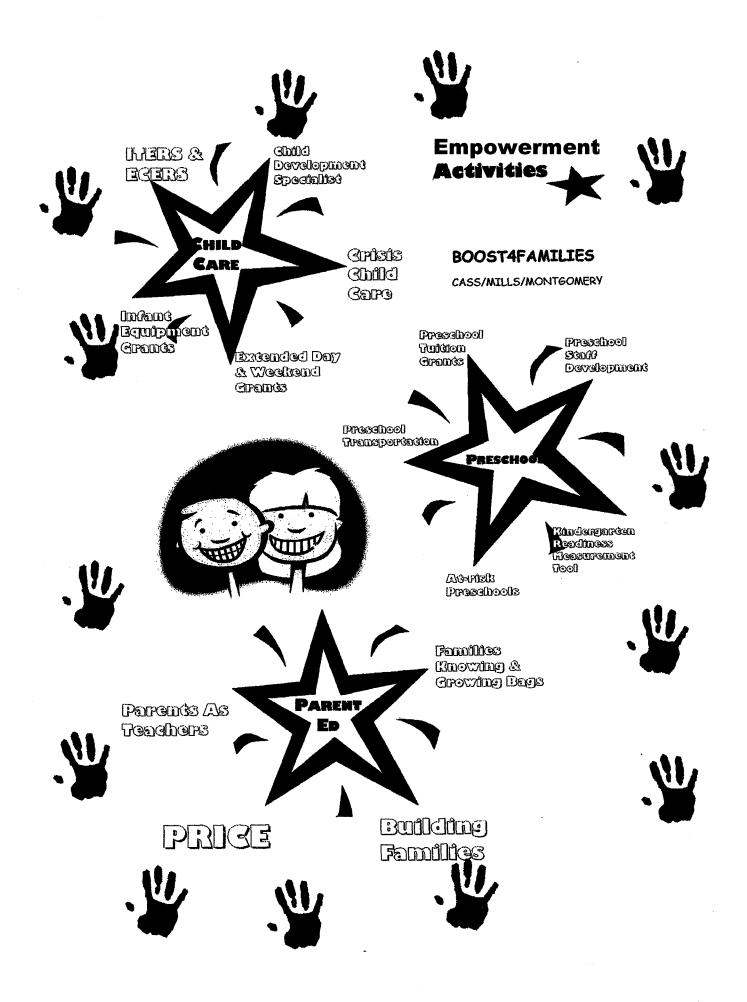
Pat Sunderman is the director (and teacher) of Parents As Teachers in Montgomery County. Pat has had more then 17 years of experience in early childhood. She has been employed as a special education teacher, head start teacher, second grade teacher, special education consultant and is currently in her fourth year of working with the Parents As Teachers curriculum. Pat serves on the Boost4Families Board and the Family Success Network, which is sponsored by Prevent Child Abuse Iowa. Pat's bachelor's degree is in elementary education, with a master's degree in early childhood education from Northwest Missouri State. Pat lives near Bethesda, northwest of Clarinda.

Jens Simonsen is the Director of Student Services for the Glenwood Community School District. This is his fifth year working with the school district. Jens was employed for ten years with the Area Education Agency 13 as a Special Education Administrator. He has a bachelor's and master's degree from UNO in School Psychology. Jens has been an active member of the Boost4Families Coalition since 1996. He serves on the Empowerment Board and resides in Glenwood.

Janne Barnett, RN, BSN, works as a Child Care Health Consultant through the Healthy Child Care Iowa project. Janne is employed by West Central Development Corporation, Child Care Resource and Referral. She works with child care centers and home providers, parents of children in child care and community partners in 23 counties of southwest and south central Iowa on health and safety issues in child care. Janne has 25 years experience working with public health. Janne is the Boost4Families 2001 Board Chair and serves as the chair of the Child Care Subcommittee. Janne lives in Atlantic.

Sonja Marquez is the Boost4Families Coordinator in Cass, Mills, and Montgomery counties. She received a bachelor's in Business Administration in 1987. Sonja has been employed by Boost4Families since November 1998, coordinating the area's child welfare decategorization efforts as well as Empowerment. In addition, Sonja serves as the chair of the Boost4Families Transportation Subcommittee.

Carol Gutchewsky is the Department of Human Services Area Administrator for Cass, Mills, and Montgomery counties. Carol has served in this capacity for eleven years, and assisted the area in the development of the community teams which support Empowerment and decategorization. Carol serves on the board of Prevent Child Abuselowa and on the state Empowerment Advisory Committee. She holds bachelor's and master's degrees in social work from University of Nebraska-Omaha. Carol lives in Glenwood.





PARENTS AS TEACHERS

Cass. Mills, and Montgomery counties

Parents As Teachers is a free, voluntary early learning and school readiness program open to all families with children from birth to 5 years of age. It is a

family support program that is made to empower every parent with the skills to give his or her child the best start in life. The Parents As Teachers program also offers prenatal information and serves the Hispanic population.

Certified parent educators make personal home visits (at least monthly), conduct group meetings, playgroups, and developmental screenings. Parents learn about their child's development, positive discipline techniques, the importance of reading to and with their child, and about fun activities to do with their children. Parents are also given information about other community services that can be of help to family.

Parents As Teachers is a truly a primary prevention program. Mothers who receive good prenatal care are more likely to give birth to healthy babies. Parents who have reasonable expectations of their children are less likely to abuse those children. Children whose parents have involved them in activities that promote language and intellectual growth, motor and social skills are less likely to need special education services

Across Cass, Mills, and Montgomery counties, certified Parents As Teacher educators make monthly visits to 207 families and 275 children. **Some** of the high needs families receive twice a month visits.

The results from a recent study conducted for the Missouri Department of Elementary and Secondary Education give strong evidence that children who participate in the Parents As Teachers program in the school districts are better prepared for success when they begin kindergarten.

The study involved kindergarten teachers in a sample of more than 80 randomly selected public schools across Missouri. The highest-performing children, according to the teachers' assessments, had previously participated in the Parents As Teachers program as well as a preschool program or a center-based child care.

Children rated as "above average" in school readiness lived in homes where parents reported above average level of literacy-related activities. These parents read and encouraged their child's language development.

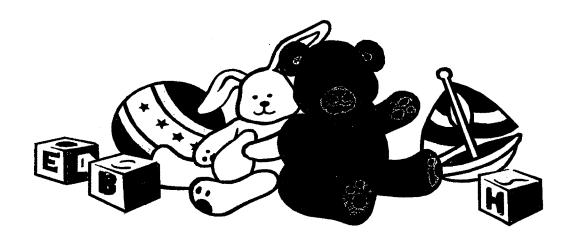
The results confirm the link between school readiness, early childhood development, and literacy activities.



Building Families

Building Families is a free in-home service to expectant parents and to parents of newborns through age 4. Information and assistance is provided in many areas. Some of those areas include:

- *Healthy pregnancy and healthy children
- *Child development and parenting strategies
- *Assistance with building a positive parent-child relationship
- *Assistance with coping skills and stress management
- *Parent Network features creating family scrapbooks
- *Little Angels Gift Shop offering incentives for active parenting



Building Families' goal is to help parents recognize and build on their strengths to turn potentially stressful times into a fun and fulfilling experience.

To learn more about the program, contact

Jolene Peterson or Amy Brandt at 712-243-2920.

Families Growing and Knowing

A growth, development and learning project for children age birth to five in Cass, Mills and Montgomery counties.

Iowa State University Extension & Boost4Families Empowerment Area cooperating

Families Growing and Knowing was designed to provide information in a way that fits busy family lifestyles. In the fall of 1999, parent/child activity bags were distributed to 1,456 children and their parents, and in the fall of 2000 to 1,245 children and their parents with the assistance of community partners, volunteers and the S.W. lowa Latino Resource Center.

1,456 children and their parents received Families Growing and Knowing activity bags in the fall of 1999 and 1,245 in the fall of 2000.

Iowa State University Extension Families Field Specialists, with input from the Boost4-Families Parent Education Committee, identified activity bag objectives and content.

Program objectives

- Assist parents as their child's first teacher in providing developmentally appropriate activities that promote school readiness
- Provide information on child development and guidance for positive social and emotional growth
- Promote child health and safety
- Assist families in practicing sound financial management skills and in teaching their children about money
- Provide nutrition and physical activity information to establish behaviors that support child growth and health
- . Increase a family's awareness of community resources that support children and families

Activity bag content

Five bags were designed for specific stages of development:

- . Birth to 1 year
- Age 1
- . Äge2
- Age3
- Age4



In anticipation of reduced funding in year 2007, bags will be compiled for children through age 2 and their parents.

In each bag children and parents received:

- A book to read with their child
- Educational toys and activities for parent/child fun and learning
- . An audio tape of music or a creative movement video tape
- . Research based information from lowa State University Extension about:

Child growth and development

- Child health and safety
- Family money
- Nutrition for children
- Community resource information

Community partners & volunteers

With the assistance of 43 volunteers to pack activity bags and 72 community partners to distribute activity bags, 38% of the birth to five population in Cass, Mills and Montgomery counties was reached in the first year of this project (1999). Volunteers and partners represented childcare centers and home providers, preschools, churches, WIC, Head Start, parenting programs, schools, Boost4Families and ISU Extension offices.

Funding

The Boost4Families Empowerment Area identified a need to provide parent education to busy families. ISU Extension was asked to develop a proposal for activity bags similar to a program that reaches 1st grade children and their parents in S.W. Iowa.

The proposal was funded for \$49,488 in 1999 and through materials discounts and in-kind contributions, ISU Extension Families Field Specialists expanded project dollars by \$10,189, increasing total project funds to \$59,677. All suppliers continued discounts for the project year 2000.

Project Continuation

In anticipation of a reduction in funds for the Boost4Families empowerment area, the fallback plan is to distribute only the bags for infants, 1 and 2 year olds in the fall of 2001. This reduction will result in reaching approximately half of previous numbers, or 600 to 700 children and their parents.

The project continues to try new ways of promoting the bags to parents and continues to get positive feedback from parents on how they have used the bags and the value of the bags to their families.

Community partners distribute bags for infants and their parents continually through each project year so that parents receive this information in a timely manner to assist them in responding appropriately to the rapidly changing development in the first year of life. In year 2000 80 activity bags for infants and their parents were distributed between the fall 1999 and fall 2000 distributions.



Boost4Families
Cass/Mills/Montgomery

Spanish language activity bags

A need was identified to reach the expanding Latino population in Cass, Mills and Montgomery counties.

In cooperation with the newly formed Latino Resource Center in Montgomery County, volunteers were identified to translate materials



into Spanish during project year 1999. The first bags were distributed to 20 Latino children and their families in the fall of 2000 at a special evening at the Latino Resource Center.

Plans are to evaluate the reaction of Latino families to the Spanish language bags in the year 2001.

For more information:

The following ISU Extension Families Field Specialists supporting this project can provide additional project details.

Pat Anderson, Nutrition and Health 321 Oakland Ave., Oakland, IA 51560 712-482-6449, fax: 712-482-6440 E-mail: x1pander@exnet.iastate.edu

Mary L. Hughes, Family Life 1600 So.Hwy. 275,Careers Bldg., Council Bluffs, Iowa 51503 712-366-7070 Fax: 712-366-7024 E-mail: x1mhugh@exnet.iastate.edu

Mary Beth Kaufman, Resource Mgt. 906 6th Street, Harlan, IA 51537 712-755-3104, fax: 712-755-7112 E-mail: x1kaufma@exnet.iastate.edu

IOWA STATE UNIVERSITY

University Extension

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P.R.I.C.E.

I CARE ABOUT KIDS



Elizabeth A. Tobak 807 Locust St. Anita, Iowa 50020 (712) 762-3159

Positively, Responsibility, Influence, Consequences, Encouragement

Greetings!

I'm Elizabeth Tobak and **Z CARE ABOUT KIDS**. I've spent 20 years playing, working, nurturing and, yes, even becoming frustrated with KIDS. Even though we love them dearly, there are times just surviving seems impossible. It's times like that I really rely on **P.R.I.C.E.**'s skills, but have found it becomes natural to use everyday.

I'm so excited to be able to bring this program to you and let you experience the same feelings of success. One of the participants of **P.R.Z.C.E.** said this, "I feel better about myself as a parent". What is **it???? P.R.I.C.E.** is parenting program to help good parents become better, and new unsure parents to gain confidence. The skills learned can be used by anyone caring for or working with children, to simply strengthen the **relationship**. Another words it's for everyone!!! Moms, Dads, Grandma, Grandpas, Aunts, Friends, and the list goes on.

The **P.R.Z.C.E.** philosophy believes the relationship between the child and caregiver can be created to foster support, caring, and nurturing. **P.R.Z.C.E.** opens the door to new insight, ideas, and practices that instill a sense of positive confidence in the caregiver. This **positive** confidence is what children begin to identify with and bring into their lives.

Classes are held free of charge and free child care is provided. Funding is provided

through the Boost4Families of Mills/Montgomery/Cass Counties.

Program Outline

The program consists of four, two hour sessions. The four week sessions cover balance communication, limit setting, consequences and self-esteem. The following outlines a description of each session:

WEEK 1: The P.R.Z.C.E. Philosophy

Describe the P.R.I.C.E. philosophy

Dynamics of behavior change and personal growth

Assertive communication: staying balanced

Establishing personal parenting goals

WEEK 2: Limit Setting

Review basics of assertive communication
Keys to limit setting
Follow through making limits realistic
Creating a behavior change plan

WEEK 3: Consequences Teach Behavior

Review Limit setting
Rewards and praise: power of encouragement
Alternatives to punishment: negative consequences

WEEK 4: Self-Es teem

Review positive and negative consequences

How to build self-esteem

Establishing follow up support networks

Acknowledge each parent for successfully completing **P.R.I.C.E.**

Each of the four sessions include a set of handouts, lectures, discussions and activities. The sessions arc limited to 16 participants.

Presenter: Elizabeth Tobak

Education/Experience: AA Degree in Early Childhood and a BA in Human Services. Certified **P.R.I.C.E.** Educator since 1995, with programs attended and conducted in Iowa and California. 20 years in the child care field.

8 hours of training can be earned by:

Family Child Care Providers

Child Care Center Staff

Foster Parents

BOOST4FAMILIESPreschool Tuition Grants and Transportation Service

School District	Application Available	Tuition Grants Approved 99/00	Tuition Grants Approved 00/01	Transportation 99/00	Transportation 00/01
Atlantic	4 4	26	32	0	0
Anita	10	5	7	0	0
Cumberland/Massena	8	6	12	7	8
Griswold	18	13	10	0	0
Red Oak	52	24	23	5	3
Stanton	11	7	2	0	0
Villisca	17	11	9	0	0
Glenwood	21	7	3	I 0	т 0
Nishna Valley	5	0	0	0	0
Malvern	11	5	6	0	I 0
Fremont/ Mills	3	0	1	0	0
Total	200	104	105	12	11

Harms, Clifford and Cryer Early Childhood Environment Rating Scales

There are four environmental rating scales, each designed for a different segment of the early childhood field.

(ECERS-Revised) The Early Childhood Environment Rating Scale-Revised: Designed to assess group programs for preschool-kindergarten aged children, from 2 through 5 years of age. Total scale consists of 43 items.

(ITERS) The Infant/Toddler Environment Rating Scale: Designed to assess group programs for children from birth to 2 $\frac{1}{2}$ years of age. Total scale consists of 35 items.

(FDCRS) The Family Day Care Rating Scale: Designed to assess family child care programs conducted in a provider's home. Total scale consists of 40 items, including 8 supplementary items for programs enrolling children with disabilities,

(SACERS) The School-Age Care Environment Rating Scale: designed to assess before and after school group care programs for school-age children, 5 to 12 years of age. The total scale consists of 49 items, including 6 supplementary items for programs enrolling children with disabilities.

- Each scale has items to evaluate the following areas: Physical Environment:
 Basic Care; Curriculum; Interaction; Schedule and Program Structure; and
 Parent and Staff Education.
- The scales are appropriate for use in evaluating inclusive and culturally diverse program.
- The scales have proven reliability and validity.

The scales are designed to assess process quality in an early childhood or school age care group. Process quality consists of interactions that go on in a classroom between staff and children, staff, parents, and other adults, among the children and interaction the children have with the materials and activities as well as features, such as, space and schedule. Process quality has been found to be more predictive of child outcomes than structural indicators such as staff to child ration, group size, cost of care and type of care. (Whitebook, Howes,& Phillips, 1995)

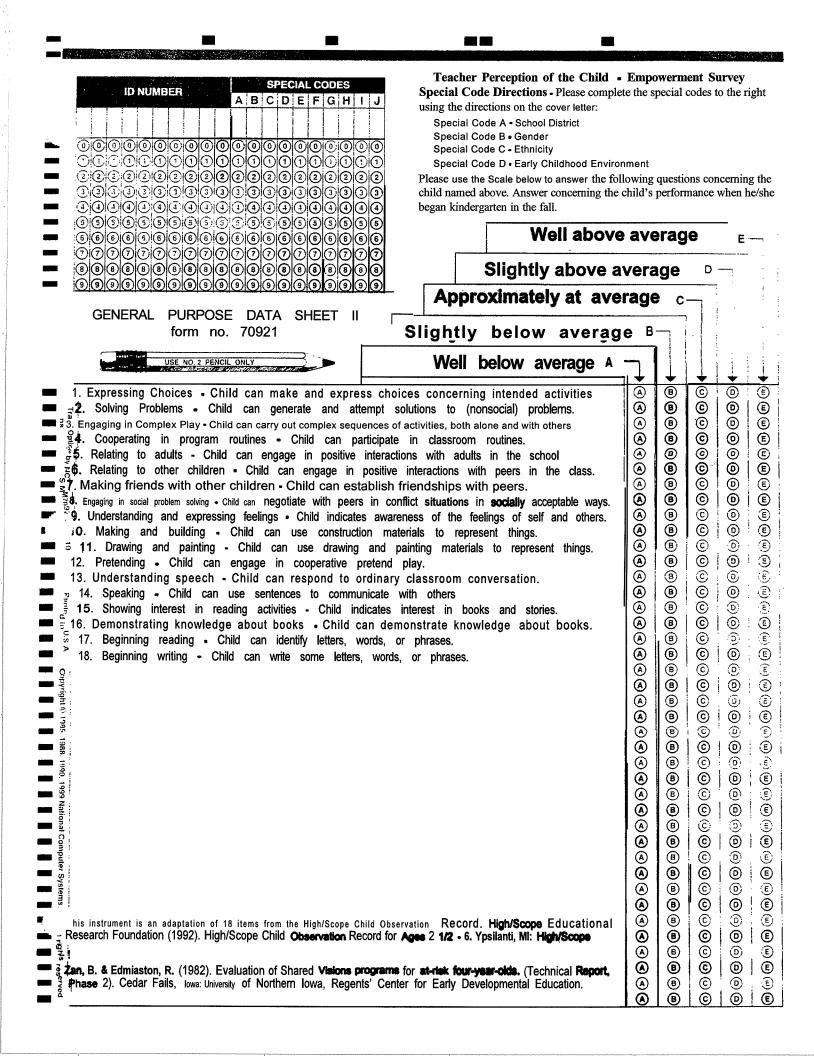
To provide care and education that will permit children to experience a high quality of life while helping them to develop their abilities, a quality program must provide for the three basic needs of all children:

- · Protection of their health and safety
- Building positive relationships
- Opportunities for stimulation and learning from experience

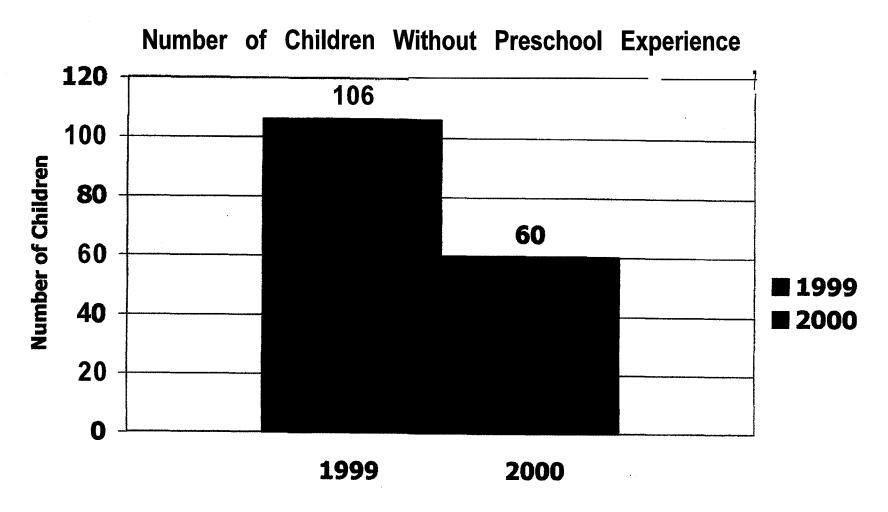
No one is more important and it takes all three to provide quality care. These are the key aspects of process quality that are included in each of the environmental rating scales.

These scales have been used in a variety of ways in the United States and other countries in program improvement efforts. The scales can be used in self assessments, preparation for accreditation, and voluntary improvement efforts (such as with the Cass, Mills, and Montgomery empowerment efforts).

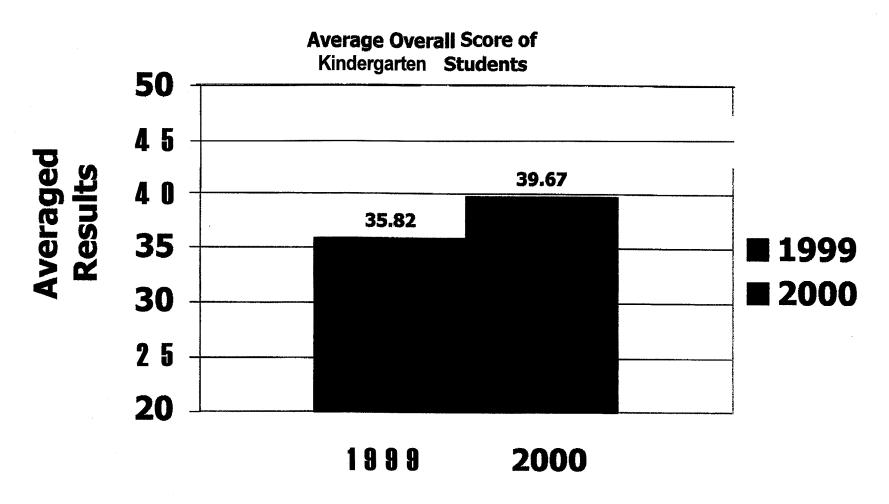
Adapted from: Introduction to the Harms, Clifford and Cryer Early Childhood Environment Rating Scales, Thelma Harms, January, 1999



Boost4FamiliesKindergarten **School Readiness Survey** Results

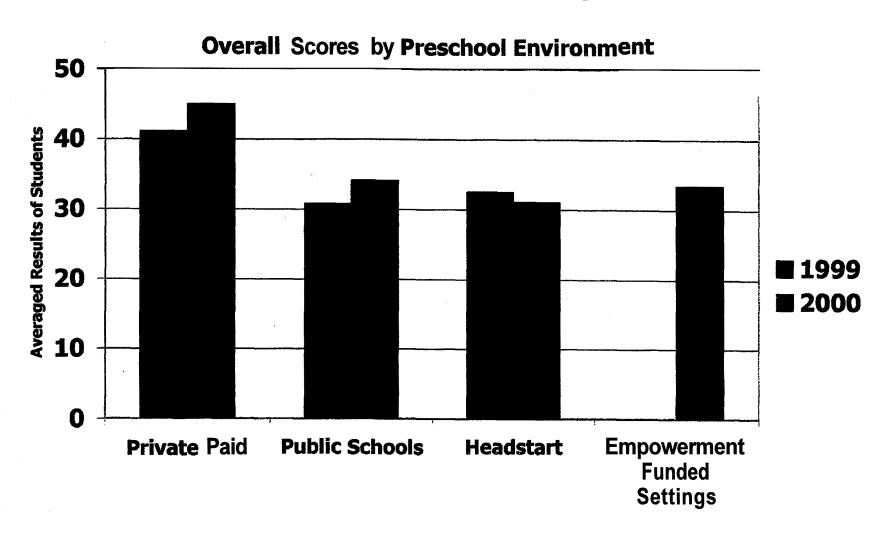


Boost4FamiliesKindergarten School **Re**adiness **Surv**ey Results



Boost4Families

Kindergarten School Readiness Survey Results



BOOST4FAMILIES

ACCOMPLISHMENTS FOR THE SECOND QUARTER 2001



PARENT EDUCATION PROGRAMS

Montgomery County Parents As Teachers program is serving 132 children. The Mills County Parents As Teachers program serves 86 children. Cass County Parents As Teachers, started in July 2000, serves 57 children. Building Families in Cass County increased the number of children served from 52 with Empowerment funding. The Building Families New Mom program in Cass served 38 children so far this fiscal year. PRICE Parenting classes are offered in all three counties, with the parents of 141 children served last year. PRICE shows an increase in the number of parents completing the course.

FAMILIES GROWING & KNOWING

Results from the distribution of the **Families Growing and Knowing Bags** have been compiled. 1,456 children and their parents received the activity bags in 1999. Already, the 2000 count shows 1,325 bags being distributed in the three counties. To better serve the Hispanic population, especially in Montgomery County, 20 Spanish bags from each of five age levels were created and distributed at a family open house.

CHILD CARE DEVELOPMENT SPECIALIST

A **Child Care Development Specialist** provides child development information to child care providers both in homes and centers in an effort to promote quality child care. The specialist has had 220 resource visits with child care providers since May 1999.

EXTENDED DAY AND WEEKEND CARE GRANT

To increase the availability of evening and weekend child care, grants provide an increase in the hourly wage for home/center providers who care for children ages O-5 after 6 p.m. during the week or anytime on the weekend. Eight grants have been approved across the three counties and 23 youth are receiving extended care services.

INFANT EQUIPMENT GRANT

Grants are available to assist licensed/registered childcare providers and centers in the **expansion of child care services for infants** (birth-2) offered in our three counties. Grants allow for the purchase of infant furniture and toys. An **enhancement** of this grant was made in January 2001 and includes children ages 3-5 and includes consumables such **as** art/craft supplies. Both grants allow \$500 for home providers and \$2,000 for centers.

PRESCHOOL TUITION GRANTS

The 10 school districts in Cass, Mills and Montgomery counties have approved 105 **Tuition Grants for preschool children** the 2000-01 school year.

TRANSPORTATION OF PRESCHOOL CHILDREN

The **Boost4Families** Board has contracted with local taxi-cab and community trolley companies, and is working with preschools as well as school districts to **provide transportation** for students to and from preschool. Currently, 11 students are being served.

(continued on next page)

BOOST4FAMILIES

ACCOMPLISHMENTS FOR THE SECOND QUARTER 2001

(Page 2)

PRESCHOOL STAFF DEVELOPMENT GRANTS

Cass/Mills/Montgomery Boost4Families offers a \$500 staff development grant to area preschool staff to support continuing education. Applications are accepted three times a year.

TWO NEW AT-RISK PRESCHOOLS

Glenwood and Nishna Valley Schools opened **two at-risk preschool classrooms** in the fall of 1999. Currently, **Glenwood** has 14 enrolled, and Nishna Valley reports 17 enrolled students.

SELECTION OF KINDERGARTEN READINESS MEASUREMENT TOOL

The 10 school districts have agreed upon a common tool to measure the "school readiness":, of each years entering kindergarten class. Last year's tool provided a baseline to determine if all activities listed above are raising the overall level of school readiness. In the fall of 2000, the second assessment was taken, with results showing an increase in many areas.

BOOST4FAMILIES ACCOMPLISHMENTS FOR YOUTH AGES 6-21

PREGNANCY PREVENTION PROGRAMS

ISU Extension is offering the **Managing Pressures** curriculum to three school districts in Cass County. Managing Pressures is provided to 6th or 7th graders and uses trained teen facilitators for the classes. 51 students completed the course during the 1999-2000 school year. Already, 44 students have participated during the first half of the 2000-01 school year.

BRIDGES BAGS PROGRAM

The first graders of 562 families in Cass, Mills, and Montgomery counties received a series of **four resource bags** (2,248 total bags) during school year 1999-2000. These educational packets are provided by ISU Extension and include information on safety, nutrition, social skills, and educational tools. The packets are distributed through the 10 area school districts. Before Christmas break of the 2000-01 school year, nearly 650 families received the bags.

AFTER SCHOOL PROGRAMS

The Villisca School District began an after school program in the fall of 2000 that promotes inter-generational mentoring through a local nursing home facility. Projecting participation of 75 in the first year, the program reached 84 youth before Christmas, Mills County ISU Extension Service has developed an after school program (ACES) that is provided to 4th-5th-6th graders in the three school districts. 112 youth have participated in the program so far this school year. The YMCA in Atlantic provides a "Satellite Youth Program" to the smaller communities in Cass County. The YMCA serves over 1,900 youth in the surrounding areas.

FATHERHOOD PROGRAMS

Boost4Dads was developed to address the issues of non-custodial parents in the three-county area. This program includes: *Post-divorce or Post-relationship classes *Fatherhood seminars *Saturday With My Dad Project *Enhanced parenting projects *Community Outreach. Started in September 2000, the number of children with fathers in the program has grown to 39.

HAWK-I OUTREACH

The **Boost4Families** Board has taken a lead role in providing information to communities on the "**Healthy And Well Kids In Iowa**" insurance program. This concentrated effort began January 2000. All three counties have noticed an increase in the number of participants that have qualified for the program. In 2000, Montgomery County received state recognition for its strong recruitment of families into HAWK-I. December 2000 enrollment figures show a combined 157 children enrolled in HAWK-I from the three counties.

GENDER SPECIFIC SERVICES

Cornerstone Counseling is offering "female" group sessions in three school districts in Montgomery and Mills counties. The groups address gender specific issues such as health, safety, problem solving, and self image. This program is serving 29 females.

(continued on next page)

BOOST4FAMILIES ACCOMPLISHMENTS FOR YOUTH AGES 6-21

(Page 2)

CHILDREN AT HOME

The **Children At Home** pilot project is available in Cass, Mills and Montgomery counties. This project allows families with children with disabilities to purchase goods and services that will assist them in keeping their child out of an institutionalized setting. 23 families were given assistance last year, with 15 applications already approved in **FY01**.

TEEN SUPPORT GROUPS

Red Oak School District provides teen support groups that currently serve 33 youth in the middle school and high school, as well as their families. These forums provide a safe environment for the student to address at-risk behaviors and provide information on anger management, skill development, self-esteem and prevention of substance abuse.

TRUANCY REDUCTION PROJECT

Area Education Agency 13 employs one **Truancy Reduction and Intervention Officer** (TRIO) in Cass County. The officer reports serving 97 students in four school districts by Christmas.

SUBSTANCE ABUSE PREVENTION

The Red Oak SAFE Coalition addresses prevention of substance abuse and reduction of crime in their community. A part-time coordinator is being sought to assist in the implementation of drug-free activities to youth in Red Oak. The community of Red Oak received its SAFE certification Jan. 15, 2001. Area Education Agency 14 is providing "Protect The Children" program in Montgomery County school districts. This program addresses the impact that alcohol, tobacco and other drugs can have on a developing fetus. The program served 142 youth and 82 adults in the last school year.

CRISIS CHILD CARE

Mills and Montgomery counties have access to the Family Crisis Support Network that provides crisis child care. This service provides parents with an alternative to leaving their children unattended in an emergency situation. Currently, 23 children have been served by this program in Mills County, and 4 in Montgomery, a program that began July 2000.

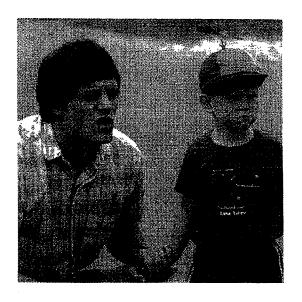
COORDINATION OF SERVICES

Cass, Mills, and Montgomery counties have employed a coordinator to establish and support ongoing community planning initiatives. This coordinator ensures information about all **Boost4Families** programs is shared across the three counties.

our child begins learning at birth, and Parents as Teachers (PAT) can help you give your baby the best possible start in life. Parents as Teachers is a free and voluntary early-learning program for parents with children birth to age five. This nationally known program, which originated in Missouri, has spread throughout the United states, reaching thousands of families of all kinds. Parents as Teachers has much to offer you and your child, too.

HOW YOU BENEFIT FROM PARENTS AS TEACHERS

As a parent, you are your child's first and most influential teacher. Parents as Teachers can help you lay a strong foundation for your child's future success in school.





AS A PAT PARTICIPANT, YOU'LL RECEIVE THE FOLLOWING SERVICES:

- Personalized home visits by a certified parent educator, specially trained in child development and eager to help you give your child a great start. Information even before your child is born on what to look for as your child develops, constructive play and more.
- Group meetings with other parents, where you can share parenting experience, gain new insights and talk about topics that interest you.
- Periodic screening to ensure that your child has no undetected learning, sensory (hearing and vision) or developmental problems.
- A network of resources that can help you with special services you may want that are beyond the scope of PAT.

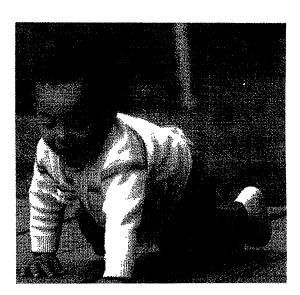
HOW CHILDREN BENEFIT

A 1985 independent evaluation of PAT determined that participating children were significantly more advanced than other 5-year-olds in language development, social development, problem solving and other intellectual skills. A 1991 study of a broader group confirmed these results.

A 1989 follow-up study of the first group found that PAT children in first grade were still ahead, as measured by teacher evaluation and standardized tests of reading and math. In addition, parents who participated in PAT were far more active in their children's school than other parents.

EUROLL TODAY

You and your child deserve the support that Parents as Teachers offers. Give your child the best possible start in life.



-Monthly Planning Schedule

Cass County
Local Planning Group
2nd Thursday of the month
St. Paul's Lutheran Church
Atlantic
9

Local Planning -Group
2nd Tuesday of the month
Mills County Public Health
Glenwood
10 A M

Montgomery County
Local Planning Group
1st Monday of the month.
1SU Extension Off ice
Red Oak
130 PM

Child Welfare/Juvenile Justice

3rd Tuesday of the month

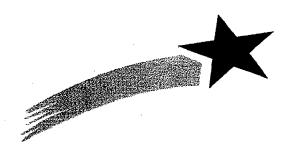
ISU Extension Off ice

Red Oak

9:30 AM

Boost4Families Board MeetingQuarterly Meetings

Come Join Us!



BOOST4FAMILIES CASS/MILLS/MONTGOMERY

BOOST4FAMILIES OFFERS
PREVENTION SERVICES FOR
CHILDREN, YOUTH AND
FAMILIES WHO LIVE IN
CASS, MILLS, AND
MONTGOMERY
COUNTIES.

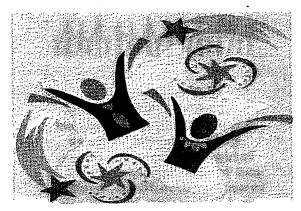


The vision of Cass/Mills/Montgomery
Boost4 Familles is to support quality services that are integrated; comprehensive, and family sentered, resulting in nurtured; resillent, healthy, and responsible individuals.



Cass County Prevention Projects

- ☆ Atlantic YMCA Satellite Youth Program
- ☆ Parents As Teachers
- ☆ Managing Pressures
- ☆ CCMH Building Families
- ☆ Truancy Reduction and Intervention Officer
- ☆ PRICE Parenting Classes
- ☆ Child Care Development Specialist
- ☆ Gender Specific Program
- ☆ Bridges Bags
- ☆ Families Growing and Knowing
- ☆ HAWK-I Outreach
- ☆ Preschool Tuitisn Grants
- ☆ Infant Care Grants
- ☆ Preschool Staff bevelopment Grants
- **☆** Preschool Transportation
- Boost4Dads



"Together we can make a difference"

Mills County Prevention Projects

- ☆ Great Beginnings
- ☆ Parents As Teachers
- ☆ Mills County After School Program
- ☆ PRICE Parenting Classes
- ☆ Child Care bevelopment Specialist
- ☆ Bridges Bags
- ☆ Families Growing and Knowing
- ☆ HAWK-I Outreach
- ☆ Gender Specific Program
- ☆ Preschool Tuition Grants
- ☆ Two At-Risk Preschools
- ☆ Crisis Child Care
- ☆ Infant Care &rants
- ☆ Preschool Staff Oevelopment Grants
- ☆ Boost4Dads

BOOST4FAMILIES P.O. Box 469 Glenwood, IA 51534

Toll Free: 877-527-1811 Phone: 712-527-1578 Fax: 712-527-3941 Email: smarque@dhs.state.ia.us

Montgomery County Prevention Projects

- **☆** Teen Support Groups
- ☆ Parents As Teachers
- ☆ Red Oak SAFE Coalition
- ☆ Villisca Before/After School Program
- ☆ Protect The Children Project
- ☆ Ministerial Emergency Fund
- ☆ PRICE Parenting Classes
- ☆ Child Care Development Specialist
- ☆ Bridges Bags
- ☆ Families Growing and Knowing
- ☆ HAWK-I Outreach
- ☆ Gender Specific Program
- **☆ Preschool Tuition Grants**
- ☆ Infant Care Grants
- ☆ Preschool Staff Development Grants
- ☆ Preschool Transportation
- ☆ Boost4Dads



Boost4Families programs do not discriminate against race, age, economics, religion, or disability.



Post-bivorce/Post-RelationshiD Classes

These three-session classes will be conducted in each county four times per year. Topics may include what a father's role should be when he is no longer in the home, how a father can stay connected with his child after divorce, how to parent on your own, and keeping kids out of any stress experienced by their parents.

Focus In Fathers

These sessions will be offered, allowing fathers to connect with each other and find solutions to common problems together. It is hoped that support groups will be created from these seminars, allowing fathers to continue discussions and create a network of support. Topics will be presented based on the identified needs and wants of participating fathers.

Saturday With My Dad

These activities will occur twice per quarter in each county, and may include fishing trips, bicycle safety camps, hikes, kite making, softball tournaments, pet grooming, cooking classes, etc. Activities will be open to all fathers, in order to include dads who are successful at parenting as "role models" for fathers who may be struggling with their role.

Enhance Parentina Proarams

Boost4Dads wants to have more fathers involved in the parenting programs such as Parents As Teachers, PRICE Parenting and Building Families.

Public Awareness

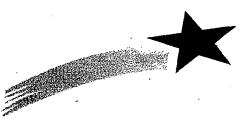
This will include the dissemination of information to the community of a father's rights and responsibilities.

Boost4Families 101 Central, Suite 124 P.O. Box 469 Glenwood, IA 51534





Boost4Families



Cass/Mills/Montgomery

Boost4Dads

Boost4Dods will make the contact between fathers and their children more meaningful and increase the quality.



FATHERHOOD means being there.

Boost4Dads will provide positive, strength-based programs at no cost, that have been developed to help "good" dads become "better" dads.

It's A Fact

Children with involved fathers are:

- More confident and less anxious in unfamiliar settinas
- Better able to deal with frustration
- Better able to gain a sense of independence and an identity outside the mother-child relationship
- More likely to mature into compassionate adults
- More likely to have higher self -esteem and grade point averages
- More sociable

Find out how to earn incentives through Child Support Recovery!

Topics Include

Financial Management

Career Planning

Job Training

Mediation

Parenting Skills

Substance Abuse

School Related Issues

Discipline

Counseling

Visitation

Paternity Issues

Boost4Families

101 Central, Suite 124 P.O. Box 469 Glenwood, IA 51534 712-527-1578

Fax: 712-527-3941 Toll Free: 877-527-1811

Email: smarque@dhs. state. ia, us

"I learned how to read to my child at a very early age, how to play games she can do, and how to make her feel important."

" Understanding how my child develops takes a lot of the stress out of parenting and helps me enjoy my child even more. "

"My parent educator is great." She helps me understand my baby so I don't panic every time he cries. "

"We've never taken care of a baby before. My wife and I are glad PAT can help us give our baby a good start. And we've become friends with other parents we meet at the group meetings., too. "

EVROLL

W PARENTS

AS

TEACHERS TODAY

YOUR CHILD WAS BORN TO LEARY.



EUROLL HOW IN PARENTS AS TEACHERS.

AN EARLY-LEARNING PROGRAM FOR PARENTS WITH CHILDREN BIRTH TO AGE 5



Clinton/Jackson Empowerment Area

Presentation to Human Services Appropriations Subcommittee

January 23, 2001

Sally Schroeder, Administrator Clinton/Jackson Planning Council

Collaboration

- Clinton/Jackson Planning Council plans for Empowerment and Decat
- Empowerment Board includes 7 members who also serve on Decat Board
- Planning Council Administrator oversees all Decat and Empowerment Programs, as well as Juvenile Justice and other grantfunded programs

School Ready Programs

- Partners in Parenting
- Preschool Scholarships
- Unleadit Childhood Lead Prevention

Partners in Parenting

- Home visitation for families of newborns; this program was 1st Decat-funded program in 1994
- Mission: provide parenting info, emotional support, linkages to community resources
- Purpose: enhance emotional, psychological and physical development of newborn
- Participation in program is voluntary
- 904 families offered the program in FY00
- 545 families received in-home assessment
- 171 families, with 258 children, accepted ongoing services

Preschool Scholarships

- Goal: increase school readiness for children who don't qualify for Head Start, Title XX or AEA Early Learning
- Eligibility based on income level (185% of poverty)
- 4 and 5 year-olds given priority; open to 3 year olds after October 1
- 100 scholarships: 60 in Clinton, 40 in Jackson

Unleadit Childhood Lead Prevention

- New to Empowerment funding this year
- Program has been in existence since 1995, and was previously funded by Decat
- Goal: to ensure that at least 25% of all children 6 and under are universally and routinely screened for lead poisoning
- In FY00, 58 children were confirmed poisoned in Clinton Co. and 15 in Jackson Co.
- Program officials also provide referrals to HAWK-I

Early Childhood Programs

- YWCA 2nd Shift Childcare
- Head Start Classroom Expansion

YWCA 2nd Shift Childcare

- 2nd shift childcare helps parents obtain or maintain employment; provides flexibility for families with rotating work schedules
- Average of 45 families used 2nd shift childcare during 1st quarter FY01
- 40% of those families pay for their own childcare; 38% are DHS Title XX; 22% are Title XX with a co-pay

Head Start Classroom Expansion

- Program serves children 3-5 years old
- In FY00, EA funding enabled one classroom to expand from 17 to 18 kids, from 120 to 150 days and from 3½ hours to 6 hours per day
- In FY01, EA funding continued the above plus expanded two additional classrooms from 17 to 18 kids, 120 to 160 days and 3 ½ hours to full day

Miscellaneous

- Parent Education Modules (School Ready)-videos/books/brochures distributed to local schools, libraries, churches, daycare providers
- First Aide Training (TANF)-Free First Aide training provided to in-home and center-based daycare providers
- Mini-grant Program (TANF)-grants, through an application process, to daycare centers and inhome providers, intended to improve safety/quality of daycare at their center



Clay, Dickinson, Osceola, & 0 'Brien Counties

LEGISLATIVE CONCERNS

♦ Empowerment Formula

Last year the funding formula committee recommended the following:

- Use \$15.2 million funding level
- 33% Base/33% O-5 Population/33% Poverty 185%

If this funding formula is implemented our area will be negatively affected as follows:

3		 		
Lakes Area Decategorization.	■ Proposed School *	# Current School #	Negative Imp	ad Of Proposted!
Empowerment			- J. Fundi	Control of the Contro
Clay Dickinson, Osceola O Brien				19 101110119
TOTAL PICKINSON, OSCHOLA GIGHT	- 1- autonita - commus	Tunus :		Part 1 March
TOTAL	\$390.388	\$641.960	- \$251.572	- 40%

A 40% decrease in funds for the four counties will translate into 40 children out of 100 not receiving needed services if the proposed allocation process is implemented. Our current successful programs are Best Care for Better Babies, Parents as Teachers, K.I.D.S. and Childcare Consultants. We recommend that areas that were recipients of competitive grants continue funding at the same level. Progress has been made towards positive results/outcomes in these communities and a formula reducing funds would penalize efforts and stagnate future progress. Consider these competitive grant sites "Pilot Projects" and measure the results over a reasonable time such as 3 years.

Administrative Costs For Empowerment — There are not sufficient administrative funds (presently only 3% of the grant award can be used for administrative costs) to support the initiative. The Department of Human Services and Juvenile Court Services via the Child Welfare Budget and Decategorization are financially supporting 75% of the coordinator's salary. This does not include insurance, mailings, and office supplies, copies, etc. . . that are part of doing business for the initiative. Administration is necessary to effectively and efficiently coordinate multi-faceted programs in rural communities to reduce duplication, strengthen collaboration and accountability. We are a 4-county empowerment area and are extremely efficient having one board compared to we could have organized into 4 separate empowerment boards. Yet we still are struggling with administrative costs even though we have immense collaboration and cooperation. The Empowerment Coordinator's position is necessary and should be funded with Empowerment dollars, however should not be considered part of the administrative cost. We recommend the current 3% administrative fee be increased to 5%.

Decategorization Funds Should Not be Pooled with Empowerment Funds—Decategorization is Child Welfare and Juvenile Justice Allocation and Carry-over Federal and State funds (\$200 million total). Statewide about \$14 million annually is spent on non-traditional services determined locally for children O-18 years. The purpose of Decategorization is to redirect the child welfare juvenile justice funding to enhance preventive, family-centered and community based services. The purpose of Empowerment is to promote collaboration and coordinate services to improve the well being of families and young children (O-5 years). At the local level we are able to jointly plan for these two initiatives effectively, and recommend the funding streams CONTINUE to remain separate to insure autonomy.

Childcare

- Currently only 20% of registered/licensed childcare providers are required to receive spot checks by the Department of Human Services
 - Mandatory Registration should be required for all child care providers in Iowa. We recommend that 40 50% of child care providers have spot checks annually by The Department of Human Services with additional staff hired to implement.
- Communities need additional assistance with childcare needs such as childcare facility start-up costs and capital improvements, health insurance for center/home staff, subsidized wages, and incentives to provide sick and non-traditional hour care. We recommend that legislation appropriate additional funds to Community Empowerment Areas to for these urgent childcare needs.
- Families should have the option or encouragement to be able to stay home to care for their own children.

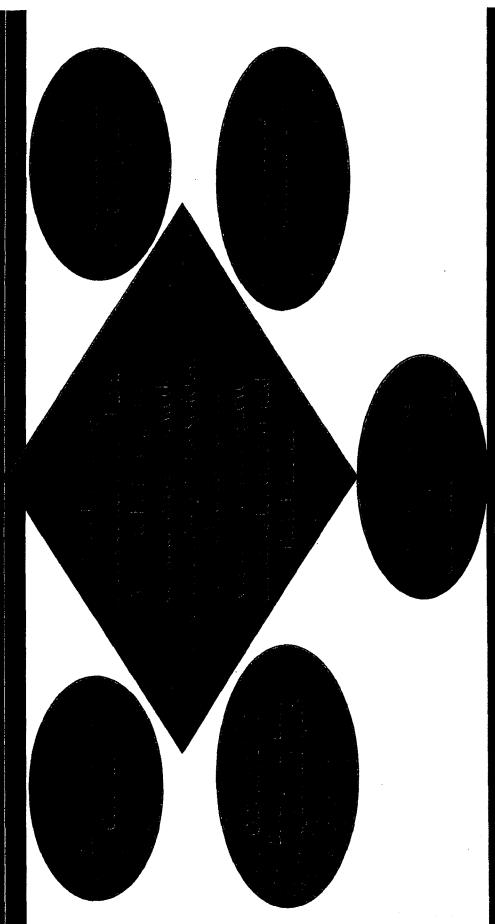
 We recommend elimination of the Marriage Tax Penalty which would allow families more personal funds as incentive to be able to stay home and care for their own children.

Linn County Empowerment Improving Quality of Life!





Five Strategies to Achieve Results Linn County Empowerment Vision



Linn County Empowerment Board Alignment

- Governance board alignment and organizational structure drives implementation:
 - Executive committee
 - Futures committee
 - Evaluation committee
 - Project oversight committee
 - Finance/fiscal agent committee
 - Public relations committee
 - Nominating committee

Linn County Empowerment Strategy Evaluation and Accountability

- Strategy evaluation and accountability process
 - Seek, engage and evaluate collaborative partnerships
 - Develop measurable indicators to achieve results
 - Develop a clear and concise strategy objective with specific goals to achieve
 - Report monthly progress via standardized reporting format
 - Present strategy briefings to the governance board bi-annually
 - Develop and implement a evaluation feedback process for the recipients of our services
- Ensure all collaborative partnerships are driving toward results
 - Healthy children
 - Children ready to succeed in school
 - Safe and supportive communities
 - Secure and nurturing families
 - . Secure and nurturing childcare environment

Linn County Empowerment Strategy: Parent Education Consortium

- Strategy objective: Parent education for 5800 at-risk children ages birth to five
 - Collaborative effort with major providers to develop and implement a broad-based community system which provides a six-week parent education program throughout Linn County
 - Free six-week parent education program
 - . Childcare and meals are provided
 - Mentoring and support group programs
 - Consultation/support to service providers to incorporate child development/parent education with the families they are working with
 - Follow-up and program evaluation

Linn County Empowerment Strategy: Child Health and Development

- Strategy objective: Child health care/screening for 1000 at-risk children ages birth to five
 - Collaborative effort to provide comprehensive child health, nutrition and developmental screening services for children birth to five years with "school ready" risk factors
 - Immunizations
 - Hearing, vision, nutrition and developmental screens
 - Enhanced services and referral system
 - Social workers and counseling for families
 - Child development and education for children and parents (i.E., baby books and activity kits)
 - Follow-up and program evaluation

Linn County Empowerment Strategy: Childcare/child Development and Wraparound Projects

- Strategy objective: Daycare/home development project for low-income families with children ages birth to five
 - Develop a strong network of childcare providers who offer care to low-income working parents, including evening and weekend care
 - Increase availability, accessibility and quality of services
 - Provide training and consultation visits to home childcare providers
 - Increase daycare home registration and participation in Childnet and Child/Adult Care Food Programs
 - Provide enhanced training opportunities for early childhood/child development coursework (i.E., Scholarships and incentives)
 - Develop and facilitate parent participation into comprehensive child development programs
 - Develop a cost effective model for providing full day full year child development services and engage collaborative partners to expand services
 - Follow-up and program evaluation

Linn County Empowerment Strategy: Family Violence Collaborative

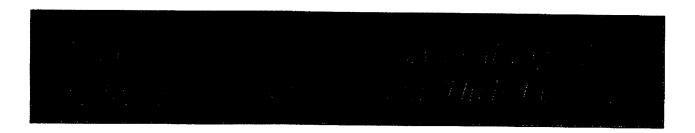
- o Strategy objective: Identify, engage and refer families with children birth to five years who have experienced or are at-risk of family violence
 - Manage project with a multi-disciplinary/interagency team
 - Integrate referrals and service providers
 - Increase capacities of agencies
 - Recruit and train volunteers (i.E., Neighborhood Association, Partnership for Safe Families, etc.)
 - Develop Individual Courses of Action (ICA's) and home visitation consultation
 - Develop county-wide family violence awareness programs
 - Follow-up and program evaluation

Linn County Empowerment Strategy: Community Services and Collaborative Partnerships

- Strategy objective: Seek community service providers and collaborative partners to work together to address child health, education and development needs
 - Community-wide needs assessment and plan; in partnership with United Way, Foresight 2020
 - Linn County kindergarten academic and social behavior assessment; in partnership with eleven district Superintendents, Administration and GWAEA
 - Community awareness and corporate sponsorship; in partnership with Learning Alliance, Gazette, CR/Marion libraries
 - Early childhood framework and implementation strategy; in partnership with local hospitals, education services, libraries and New Parents Network

Linn County Empowerment Summary

- Board organization structure in place and working well
- Strategies are well defined, committed and making a significant difference in our community
- Strategic management/planning is the hallmark for continued success
- Collaborative partners are working together to identify and address most pressing needs while working to create a greater community awareness of childcare/development issues
- Currently, over 40 collaborative partners, agencies and service providers are involved





OUR VISION:

The Linn County Empowerment Board is an organization of community systems working together to improve the quality of life for children, individuals andfamilies,

Board Composition: thirty-five members consisting of 17 Citizens, 3 Elected Officials, 5 each Professional Representatives **from** Health, Education and Human Services

Board Organizational Structure:

Executive Committee

- Provide leadership and administrative oversight to the Board
- Ensure effective operations and mechanics of the Board

Futures Committee

- Develop the five and ten year strategic business plan
- Ensure blending of funding streams

Evaluation Committee

- Utilize tools and measurements to ensure desired results and performance indicators are achieved
- Identify community collaboratives and processes for a "results-based accountability system"

Project Oversight Committee

- Monitor progress of strategies and develop criteria for new projects
- Ensure that progress reporting and performance outcomes are consistent with desired results

Finance/Fiscal Agent Committee

- Provide budget oversight
- Ensure financial compliance with contract language

Public Relations Committee

- Develop communications plan
- Coordinate collaborative efforts with legislators and media

Nominating Committee

- Recruit, interview and select new members
- New member orientation/training

October 2000 Showcase

Linn County Empowerment Board

Contact Person: Terri Jo Erickson, Chairperson

1622 Woodcrest St. N.E. Cedar Rapids, IA 52402 Phone: 3 19-395-7021 Fax: 3 19-294-3082

Email: TJOASSOC@aol.com

Iowa's Five Desired Results and Linn County's Indicators:

• Healthy Children:

Low Birth Weight
Rate of Immunization by Age 2

• Children Ready to Succeed in School:

Children Entering Kindergarten are Ready for School

• Safe and Supportive Communities:

Community Services and Collaborative Partnerships

• Secure and Nurturing Families:

Incidence of Child Abuse

Teen Birth Rate

• Secure and Nurturing Childcare Environments:

Child Abuse in a Child Care Setting Availability of Child Care

Six Strategies to Implement Iowa's Five Desired Results:

- 1) Community Services and Collaborative Partnerships
- 2) Child Screening / Health Care
- 3) Parent Education
- 4) Family Violence Prevention
- 5) PACES Day Care Home Development Project
- 6) Wraparound Child Care



Strategy: Community Services and Collaborative Partnership This project is a Board strategy to seek collaborative partners to work together to better understand child care/child development issues and to create a greater awareness of those issues, Collaborative partnerships have been initiated with the following organizations, agencies, and/or councils:

- 1) United Way/Foresight 2020 (Community Needs Assessment)
- 2) Linn County Superintendents of Schools (Consistent Kindergarten Assessment Instrument Across Eleven Districts)
- 3) Learning Alliance Consortium (Community Awareness, Corporate Endorsement and Parent Education Consortium)
- 4) Every Child Welcome/Every Child Safe Task Force Collaborative (Early Childhood Framework and Strategy)



October 2000 Showcase

Linn County Empowerment Board (continued)

STRATEGY: Child Screening/Health Care for 1000 at-risk children ages O-5

This project builds upon existing collaborative health efforts to provide comprehensive child health and developmental screening services for children birth to five years with "School Ready" risk factors.

Objectives:

- a. Offer a coordinated health, developmental, nutritional screening service to 1,000 children O-36 months.
- b. Integrate child health insurance application process into screening structure.
- c. Establish cooperative service agreements with other local programs serving young children to promote the use of screening prior to enrollment in other programs.
- d. As a part of screening follow-through or insurance application process, establish linkages to other community resources.
- e. Link families with support groups / mentors regarding health, developmental and nutritional needs.
- f. Provide training / consultation within the community to service providers who have contact with parents of young children O-5 years, with health, developmental and nutritional needs.
- g. Implement public education measures, developmental / health screening & insurance outreach capable of reaching at least 5,000 parents of children O-5.

STRATEGY: Parent Education for 5800 at-risk children ages O-5

This project has established a broad-based community system for parent education in Linn County. **Objectives:**

- a. Expand, improve accessibility and better coordinate the current community system related to free parenting classes.
- b. Coordinate mentoring / support programs to increase parenting knowledge and social support network.
- c. Provide consultation / support to community service providers to incorporate child development / parent education with the families they are working with.
- d. Improve parenting skills through a six-week educational program.

STRATEGY: Family Violence Education for at-risk children ages O-5

This project identifies, engages and refers families (with children O-5) who have experienced or are at-risk of family violence, **Objectives:**

- a. To integrate referrals and services for children and families who are experiencing or at-risk of family violence,
- b. To manage the project by a multi-disciplinary / interagency team.
- c. To identify children ages 0 to 5 years, and non-abusive parents who are exposed to family violence
 - To increase the capacities of agencies to serve children and families who are involved in or witness to family violence.
- e. To recruit and train volunteers who will offer support and assistance using problem solving skills to families
- f. To offer professional developmental training and consultation that will assist in providing more efficient
- g. To an "individual courses of action" that responds when family violence affects the safety of a child or non-abusive parent,
- 1. To build a countywide, family violence awareness program that focuses on the families of young children.

STRATEGY: PACES Day Care Home Development Project for low-income families with children ages O-5

This project has developed a strong network of childcare providers who offer care to low-income working parents, including evening/weekend care and infant/toddler care.

Obiectives;

d.

- a. Increase the availability and quality of daycare services.
- b. Significantly increase the number of daycare service providers.
- c. Provide training and consultation visits to home childcare providers.
- d. Increase daycare home registration and participation in the Child and Adult Care Food Program (CACFP).
- e. Provide enhanced training opportunities (i.e., scholarships) for early childhood/child development coursework.

STRATEGY: Wraparound Child Care Projects

Wrap-Around Child Care Projects extend the hours or months of operation of "core" child development services (such as Head Start/ Early Head Start, Shared Visions or Early Childhood Special Education Services) in order to meet the needs of families who are working or going to school.

Objectives:

- a. Increase the availability and quality of daycare services.
- b. Support the continued enrollment of children with full-day child care needs in comprehensive child development programs,
- c. Develop a cost effective model for providing fill-day full-year comprehensive child development services, which builds upon and extends existing funding streams.



Linn County Empowerment Governance Board Annual Report

July 1999-June 2000 Was A Good First Start Toward Improving the Quality of Life for Children and Families

Dear Fellow Board Members.

First of all, I want to thank you and congratulate you on our achievements during the past year. While all of us recognize that we have a long way to go to improve the Quality of Life for Children and Families, we can take pride in our accomplishments during the past year.

I have divided this annual report into five specific categories with corresponding accomplishments within each. They are:

- Board Organizational FOCUS
- Project/Strategy Focus
- Strategic Management Focus
- Community Focus
- Financial Summary

Board Organizational

Focus

- Governance Board Retreat (Aug)
- Developed OrganizationalModel(Sept)

Board Organizational Focus (continued)

- ◆ Finalized Committee Structure(Oct)
- ◆ Board Evaluation Process (Nov/May)
- ◆ Annual Report/State Showcase (Dec)
- StandardizedCommittee Reporting Format(Dec)
- Formed Nominating Committee(Jan)
- ◆ Learning Agenda's (Jan)
- ◆ By-law amendment (Apr.)
- New Member Recruitment and Orientation (May-July)

Project/Strategy Focus

- TANFBrainstormingSession(Sept)
- ◆ Standardized Project Reporting Format (Nov)
- Project/Strategy Briefings every six months
 (Nov)
- Six month Contract
 Agreementswithstrategies (Dec)
- Evaluation Strategy for FY2001(May/June)
- Initiate Annual Contract Agreements (June)

Strategic Management Focus

- CharleyBruiner/Tom
 SigterStrategicPlanning Sessions (Jan/
 Feb)
- Strategic Management Session (Apr)
- Initiatedcollaborative with Linn County Lowa's F
 Superintendents (Apr. Results: Healt
- Fifteen month Master Calendar (May/June)
- Initiated Collaborative with United Way and Foresight 20/20 (May/June)

Community Focus

- Gazette Editorial and Human Interest Story (Mar/Apr)
- ◆Childcare Provider
 Survey (Apr)
- First Draft of Linn
 County Empowerment
 Brochure (May)
- Linn County
 Empowerment Logo
 (June)

prepared by:

Terri Jo EricksonChairperson,
&inn County Empowerment

Financial Summary: Year 1-FY 1999 School Ready \$570,000 TANF 193,130 Year 2-FY 2000 School Ready \$427,500 TANF 239,065 Year 3-FY 2001 School Ready \$570,000 TANF 382,315 Total Job-to-date Fundina: \$2,382,010

Lowa's Five Desired

- Healthy Children
- + Children Ready to Succeed in School
- Safe and Supportive Communities
- + Secure and Nurturing Families
- Secure and Nurturing Childcare Environment

Four Projects/Strategies:

- Child Health/Development Strategy
- Family Violence
 Collaborative
- Parent Education
 Consortium
- + Childcare/Child Development Strategy (PACES)

